

LIFESTYLES

Hawaii Marine B Section

January 23, 2004

Exploring Oahu

Around the Island tour provides a unique opportunity to experience Oahu

Story and Photos by
Lance Cpl. Rich Mattingly
Combat Correspondent

New arrivals to MCB Hawaii and those who have already spent some time on the island can see the best Oahu has to offer with the Around the Island tour hosted by the Personal Services section of Marine Corps Community Services. The tour is offered every second Friday of the month and is free for all service members, their families and guests.

The first stop on the tour is the Nuuanu Pali Lookout. Visitors to the Pali Lookout are afforded a scenic panorama of Oahu's windward side. It is said that Kamehameha I defeated Oahu's army there — hundreds of warriors were pushed or leapt off the cliff — in one of the

See **TOUR**, B-8

Hanauma Bay is a world-class nature preserve. Its clear waters, colorful tropical fish and protected reefs make it an ideal location for the novice snorkeler or scuba diver.



The King Kamehameha statue that stands in front of Aliolani Hale is the second of four cast. The first sank off the Falkland Islands, was recovered and now resides in Kapaau on the Big Island.



Iolani Palace is the only true royal palace in the United States. It was the official residence of the Hawaiian monarchy until the overthrow of Queen Liliuokalani in 1893. The Palace is decorated with gifts from European royals and dignitaries (such as a mantle clock from Napoleon), European inspired furnishings and other pieces collected from King Kalakaua's grand circumnavigation of the globe.

The Art of Getting Lost

Intrepid Marines travel from Waikiki to K-Bay in record time

Lance Cpls. **Michelle M. Dickson**
and **Megan L. Stiner**
Combat Correspondents

In our opinion, if you are going to do something you might as well go all out, even if that means get-

ting yourself completely lost. One may think that traveling from Waikiki to MCB Hawaii, Kaneohe Bay, should take about 20-30 minutes. Yet, in one particular experience of ours, we came to find that is not always the case, although we were quite confident of our sense of direction. Let us explain.

After spending a night attempting to shop at a mall, but finding nothing under \$30,000 worth buying, we decided to head back to K-Bay. Being the

stubborn, independent people that we are, we figured we would just venture home without directions. You see, we had a rough idea and thought we would be able to recognize where we were going. How hard could it really be?

We jumped into our trusty, bright yellow Ford E350 ice cream truck — cleverly named Duncan Mafia Quinn — and merrily, confidently headed east down the H-1.

After the first one-and-a-half hours of travel, we began to wonder if we had missed a turn. Still confident in our navigational skills, we forged on.

Slowly, but surely, the scenery began

to change from frolicking, happy city life with people, to the dark, desolate depths of an unknown horror. But we figured the island isn't that big; maybe we will come across a highway we know.

No such luck. The road, well, it kind of just ended. Yes, that's right. A big, bright yellow sign came before us reading: "Road Ending. If you're lost, you're dead." So, you would think any normal person would just turn around, find the nearest gas station, and ask for directions. But we were still confident.

It had only been two hours, anyway. The night was young and so were we. We looked at each other as we passed by a group of locals with that "perhaps we

See **GETTING LOST**, B-8



Photo courtesy of Lance Cpl. Megan L. Stiner

Stiner (left front) and Dickson (driver) are two intrepid Hawaii Marine staffers.

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

JANUARY
24 / Saturday

Hypnosis Show — Catch the live Hypnosis Show with Casey St. Jones in the Kahuna’s Ballroom at 10 p.m. This event is open to all ranks. For more info, call 254-7660.

Embroidery Services — Personalize that special gift at Taylour Made Embroidery located in Mokapu Mall, Kaneohe Bay. Purchase any item from the Main Exchange and have it personalized by the professionals on Monday – Saturday anytime between 10 a.m. and 6 p.m. and/or Sunday between 11 a.m. and 4 p.m.

ITT — Information, Tickets and Tours is your one-stop entertainment shop. Discount-

ed tickets are available for just about every major attraction in Hawaii. Book tickets for activities from whale watching tours to dinner cruises to luaus. For more info, call 254-7563.

Leisure Travel — If travel is in your future, look to Information, Tickets and Tours Leisure Travel to book your next trip. Located in Mokapu Mall at Kaneohe Bay, Leisure Travel can arrange mainland flights, interisland packages and, most recently, Norwegian Cruises. Leisure Travel is open Mondays – Fridays from 10 a.m. to 6 p.m. Call 254-7413 for more info.

The Hair Do — Three conveniently located barbershops and a beauty salon serve patrons aboard Kaneohe Bay. The Mokapu Mall barber is in the mall next to the Main Exchange, and located right next door is a full-service beauty shop. If you find the lines a bit long at the MCX, head over to the base theater courtyard, Bldg. 244, to a smaller, yet equally talented, barber. Or if you work closer to the flight line, a shop is located in Bldg. 301. For more information, call 254-6588.

26 / Monday

Auto Auction — The Auto Skills Center is accepting sealed bids on the below vehicles.

Year	Model	Min. Bid
’88	Acura Legend	\$1,000
’89	Nissan Sentra	\$450
’91	Ford Escort	\$500
’93	Ford Probe	\$550
(Note: All the above vehicles run; however, the Sentra needs body work.)		

ASYMCA Playmornings — Parents, day care providers and children under 5 years are invit-

ed to Armed Services YMCA Playmornings, Mondays – Fridays from 9 to 11 a.m. The program is a free parent/child interactive playgroup where learning is active, sharing is practiced, cooperation is encouraged, social skills blossom, confidence is created and fun is mandatory. For more info, call 254-4719.

Camp Smith Sunset Lanai — Get the gang together and relax at the Camp Smith Sunset Lanai. After a hectic day, enjoy panoramic views of the Leeward Coast, free pool, free darts and free pupus. The club is open to all ranks Mondays, Wednesdays and Fridays at 4 p.m.

Joint Education Center — Marines and Sailors using tuition assistance for the first time at MCB Hawaii must attend the College 101 Workshop that is available each Wednesday at the Joint Education Center in Bldg. 219 from 11:35 a.m. to 12:45 p.m. Chaminade, Embry-Riddle, Hawaii Pacific and Wayland Baptist Universities have on-base offices in Bldg. 220. Civilian students are also welcome.

Job Hunting — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel Office located in Bldg. 219 to get that job or career that suits your skills, schedule and style. Call 254-7619 or visit www.mccshawaii.com/jobs_listings.html.

K-Bay Clubs — Marine Corps Base Hawaii boasts three newly renovated clubs with the

below hours of operation.

•At Kahuna’s Sports Bar & Grill: (For E-5 and below, DoD civilians and sponsored guests): Monday – Wednesday, 6 p.m. – 12 a.m. Thursday, 6 p.m. – 1 a.m. Friday, 6 p.m. – 2 a.m. Saturday, 6 p.m. – 1 a.m.

•Lunch at Kahuna’s: Monday – Friday, 11 a.m. – 1:30 p.m.

•At the Staff NCO Club Rocker Room: (For E-6 through E-9, DoD civilians and sponsored guests): Monday & Tuesday, Closed Wednesday, 4:30 – 10 p.m. Thursday, 4:30 – 8 p.m. Friday, 4:30 p.m. – 2 a.m. Saturday, 6 p.m. – 2 a.m.

•At the Staff NCO Club Restaurant: Monday – Friday, 11 a.m. – 1 p.m. Sunday, 8 - 11 a.m.

•At the Officers’ Club Koa Lounge: (For O-1 – O-9, DoD civilians and sponsored guests): Wednesday – Thursday, 4 – 9 p.m. Friday, 3 – 11 p.m. Saturday, 5 – 8 p.m.

•At lunch in the Officers’ Club: Monday - Friday, Buffet from 11 a.m. to 1 p.m. Monday - Friday, À la Carte from 11 a.m. to 1:30 p.m.

•At the Officers’ Club Main Dining Room: Thursday – Saturday, 5:30 – 8 p.m. Sunday Brunch, 10 a.m. – 1 p.m.

28 / Wednesday

Exceptional Family Member

— The Military Committee for Persons with Disabilities is hosting an open meeting for all military personnel and civilians living and working aboard MCB Hawaii with special needs or disabilities, concerns and issues. The forum will be held in the base chapel’s Religious Education Center, Bldg. 1090, at 10 a.m.

30 / Friday

Officers’ Club MatchMate — Are you single? Jump start your love life, meet a new work-out partner or just make a new friend at the Officers’ Club Dating Game, Jan. 30. Lucky couples can win Valentine’s dinners for two at the club on Feb. 14. Sign up to be a contestant at the Officers’ Club, or call 254-7650.

NCO Appreciation Night — The Staff NCO Club is hosting an NCO Appreciation Night. Start the grooming process and invite your young devil dogs to the club for a bit of camaraderie from 4:30 to 6:30 p.m. Show them your appreciation and start them on the climb to becoming a successful staff NCO.

31 / Saturday

KOSC Art Auction — All hands are invited to the Kaneohe Officers’ Spouses Club Art Auction from 6 to 10 p.m. Tickets are \$9 in advance and \$12 at the door, and Pictures Plus will provide artwork. Proceeds will go toward KOSC scholarships and charities. Call 234-5662 for more info.

Latin Night — The Staff NCO Club will cha-cha the night away with the hottest Latin music from 4:30 to 6:30 p.m. For more information, call 254-5481.

DECA scholarship deadline nears for keiki

Carrie Williams
Defense Commissary Agency

FORT LEE, Va. — Didn’t find any “college cash” in your stocking? Don’t worry. There’s still time to apply for Scholarships for Military Children money. Applications for the \$1,500 scholarships are due at your nearest commissary by close of business Feb. 18. At least one scholarship will be awarded at every commissary location with qualified applicants.

The application can be downloaded through a link on the front page of www.commissaries.com or downloaded directly from www.militaryscholar.org and filled out by hand or on the computer. Copies of the application are also available at commissaries worldwide.

Students should put on their thinking caps and give it their best shot when it comes to writing the scholarship essay.

“In past years, the essay has been a key factor in deciding among the many outstanding applicants,” said program liaison Edna Hoogewind of the Defense Commissary Agency.

This year’s topic is “What aspect of military life has had the greatest influence on you?”

Applications must be in your commissary store by close of business on Feb. 18, and students who are not hand-delivering applications are advised to use a delivery method that supplies a return receipt.

After March 29, applicants may visit www.militaryscholar.org and click on the “Verification of Receipt” section. Scholarship managers will respond to “Verification of Receipt” e-mails until June 15.

Applicants should check all materials carefully for simple things, like making sure the application is signed or that it’s the 2004 application, not one from previous years.

The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System (DEERS) database. Applicants should ensure that they, as well as their sponsor, are currently enrolled in DEERS

and have a current ID card.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2004, or enrolled in a program of studies designed to transfer directly into a four-year program. Additional instructions can be found on the application or at www.militaryscholar.org.

Fisher House Foundation, a nonprofit organization best known for building comfort homes near military medical facilities, administers the Scholarships for Military Children program. Fisher House Foundation uses the services of Scholarship Managers, a professional firm that has handled more than 400 programs, to screen applicants and award scholarships. Neither Fisher House nor DeCA are involved in the decision process.

The Scholarships for Military Children program has awarded nearly 1,500 scholarships and nearly \$2 million since the first awards in 2001. Scholarships are funded through voluntary donations of the various manufacturers, brokers and suppliers that sell products in commissaries.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your I.D. at the box office. Call 254-7642 for recorded information.

Sneak Preview Policy: One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

The Missing (R)	Today at 7:15 p.m.
Veronica Geurin (R)	Today at 9:45 p.m.
Honey (PG 13)	Saturday at 7:15 p.m.
Master & Commander (PG 13)	Saturday at 9:45 p.m.
Looney Tunes: Back in Action (PG)	Sunday at 3:30 p.m.
Gothika (R)	Sunday at 7:15 p.m.
Master & Commander (PG 13)	Wednesday at 7:15 p.m.
Timeline (PG 13)	Thursday at 7:15 p.m.
The Last Samurai (R)	Jan. 30 at 7:15 p.m.
The Missing (R)	Jan. 30 at 9:45 p.m.

Marines, Sailors clean Coconut Island

Story and Photos by
Cpl. Monroe F. Seigle
Community Relations Clerk

Recently, heavy winds tore through the Windward side of the island of Oahu, and among the many areas that were damaged was a small island off the shores of MCB Hawaii, Kaneohe Bay.

Several Marines, Sailors and family members from MCB Hawaii were eager to assist cleaning the small island, known as Coconut Island, after the heavy winds littered the isle’s beautiful landscape with foliage torn away from the wide variety of exotic plants and the hundreds of palm trees that paint its fertile landscape Jan. 17.

The cleanup began at 8 a.m., and the volunteers met at the base marina with a variety of tools to tackle the task of removing the waste that littered the island.

After taking the relaxing boat ride to the coast of the small island, used for marine biology research by

the University of Hawaii, many of the volunteers set foot on it for the first time.

The volunteers divided into groups to clean up different parts of Coconut Island. Some were tasked with driving trucks to transport the waste to a dumpsite, while others cut large branches into smaller pieces and loaded them into the vehicles.

“I have wanted to see this island for a long time because I see it in the distance almost everyday,” said Petty Officer 3rd Class Nick Stein, an aviation electrician for Marine Aviation Logistics Squadron 24 aboard MCB Hawaii, Kaneohe Bay. “This cleanup gave me a chance to come out here for the first time and to give back to the Hawaiian community. I thought it would be a productive way to spend a Saturday afternoon.”

Although the task of cleaning the island was not an easy one, the cleanup was not all work and no play. Several Marines and Sailors

found it amusing to crack open several coconuts that had fallen from the winds and experience the taste of fresh coconut milk for the first time.

After hours of hard work, the volunteers were also pleasantly surprised with a lunch of hot dogs, chili and rice and several soft drinks provided by the members of the Hawaii Institute of Marine Biology. During this time, many of the hard-working volunteers cooled off and swam in the calm beaches surrounding the island.

“This was more than just a volunteer project,” said Petty Officer 1st Class Philip Burton, religious programs specialist for Marine Aircraft Group 24 aboard MCB Hawaii, K-Bay. “This was our chance to repay Mother Nature for all she gives us, and to give back to the wonderful community in which we live. I had a wonderful time out here today and feel good for donating my time to clean up this beautiful island.”



A number of children decided to lend a helping hand cleaning up the debris that littered the island.



Marines from different companies within the 3rd Marine Regiment aboard MCB Hawaii participated in the Coconut Island cleanup and were responsible for completing much of the hard work required to restore the island to its natural beauty.



Families aboard MCB Hawaii were eager to help restore the island’s beaches to their natural beauty. The Hawaii Institute of Marine Biology conducts research on the island, and it also provided lunch for the hungry volunteers.

‘Turn off exterior lights,’ says Base Energy

John R. Dunbar
*Resource Efficiency Manager, Energy Department
Base Facilities, MCB Hawaii*

What’s going on with all these exterior lights that are on during the day? Look around and you will find exterior building lights, ball field lights, streetlights and parking lot lights still on in broad daylight.

Ever stop to think how much electricity is being wasted every day, every year? For the typical 250-watt, high pressure, sodium light (you know, those orange-colored lights), it’s about 30 cents a day. Now that doesn’t seem like much, until you start multiplying it by 365 days per year, and literally hundreds of “guilty” light bulbs.

A conservative estimate is that at least 200 lights around MCB Hawaii remain on all day long or a significant portion of the day, which is over \$20,000 a year in wasted electricity expense.

You can help stop this waste of resources by switching the lights off, reporting faulty timers or photocells to your Utility Conservation Monitor (UCM), Building Energy Monitor (BEM) or the Facilities Emergency Service Desk at 257-2380.

If you are the designated UCM or BEM, take a tour of your facilities and implement corrective action to have your exterior lights properly switched off during the day.

Let’s all maximize energy efficiency by eliminating energy waste.



Lance Cpl. Megan L. Stiner

Exterior lights and even lights in halls that are well lit by natural lighting, such as these in Barracks 1633, should be turned off during the day.

Six tips can help you keep your New Year’s resolutions

NewsUSA
Featurettes

New Year’s is a great time to make changes in your life — changes for the better. New Year’s resolutions provide a great opportunity for you to improve yourself, but how can you ensure you will stick to your plan?

Most resolutions get broken for one reason or another. Are you going to be one of those lucky individuals who keep their resolutions all year?

Here are a few tips to help you weather the temptations.

- **Create a plan.** To be successful in staying with your resolution, you need a specific strategy for implementing your goals and sticking to them. Think about what you will do to keep yourself on track.
- **Reduce your stress.** Stress adversely affects resolutions because many bad habits are stress related. One great way to reduce stress is to get more sleep. Go to bed earlier, and you will wake up with a whole new perspective.
- **Remember why.** If you are improving yourself for your family, keep a picture of them with you at all times. When

- you feel tempted, look at the picture and think about how happy they are about your resolution.
- You can also make a list of other reasons to resist temptation. Put the list in your pocket, on your refrigerator door, in your car and at your workplace. Never forget your promise to yourself.
- **Find a buddy.** Everything is easier with help from other people. If you know someone else who has a similar resolution, keep each other motivated.
 - **Avoid tempting environments.** If you want to stop smoking or drinking, don’t go to bars. If you want to lose

- weight, avoid fast-food restaurants.
- **Eat right.** No matter what your resolution may be, eating healthy foods and drinking more water can make you feel better about yourself and your health overall.
- Eating the right foods is particularly important if you are trying to lose weight. Losing weight is one of the most common New Year’s resolutions people make. Consider one of the weight-management programs available.
- No matter what your resolution is, don’t become discouraged. The key is to keep trying.

WORD TO PASS

Dog Owners Urged to Attend Meeting, Tomorrow

Dog owners who are interested in getting an off-leash “Bark Park” in the Windward community, should make plans to attend the first organizational meeting, tomorrow from 11:30 a.m. to 1 p.m. in the McDonald’s Meeting Room of the Windward City Shopping Center in Kaneohe.

A proposed Off-Leash Bark Park would allow the 40 percent of households in Kailua and Kaneohe who own at least one dog, to allow their pet to practice socializing skills with other dogs and humans, and to roam free in a place of his or her own.

Jim and Shannon Wood, with the Windward Ahupuaa Alliance, have submitted a request to the City and County of Honolulu to turn some unused and unusable city-owned property by Kalaheo High School into the Off-Leash Bark Park. This initial meeting is to see if there is any support from other dog owners for a facility such as this.

For more details, contact Jim or

Shannon at 263-6001 or 791-0517, visit www.koolaunews.com/waa, or e-mail j+swood@hoku.com, for more info.

Friends of Heeia Seek Volunteers for ‘Up the Stream,’ Saturday

•The Windward community is invited to join the Friends of Heeia, at the Heeia State Park, every second and fourth Saturday of each month for “Saturdays in the Park,” from 9 to 11:30 a.m. Enjoy a relaxing day with snacks and beverages that are provided at no charge; reservations are not required.

•Saturday, Jan. 24, Friends of Heeia will host “Up the Stream,” to help recreate a natural habitat for native fish in the waters of the state park. Further, you can learn about stream restoration and help pick up marine debris during this community effort. Call Executive Director Carole McLean, 247-3156, for more details.

•Sundays, you are invited to the Heeia State Park “Open Market” from 9 a.m. to 3 p.m. Enjoy the beauty of the park while shopping for arts, crafts,

fruits, veggies, plants and more.

•Mark your calendar for “In the Garden,” Feb. 14, March 13 and April 10, a series of Hawaiian gardening workshops with experts in the field. Discover the best techniques for pruning, mulching, transplanting and more, to pot and propagate plants for your own backyard. Stay tuned to “Word to Pass” for more details.

•Need a meeting place for your organization? Call 247-3156 for details about renting the hall on Fridays, Saturdays or Sundays.

Tech Shows Scheduled for Military

Military, family members and DoD employees are invited to come see the latest in technology and talk to knowledgeable representatives when three Tech Shows hit the islands in February. Bring your office staff and colleagues to see the latest in laptops, integrated networks and cabling solutions, multimedia software, computer-based training and more.

Attend at the Officers Club, Hickam Air Force Base, Feb. 3 from 10 a.m. to 2 p.m.; at the Sunset Lanai, Bldg. 500, Camp H. M. Smith, Feb. 4 from 10 a.m.

to 2 p.m.; and at the Banyans Club, Pearl Harbor, from 10 a.m. to 2 p.m.

The Tech Show is free to all personnel with on-site registration. Refreshments will be provided. Call toll free, 1-888-282-2262, for more details.

OU Offers Degrees at Hickam AFB

The University of Oklahoma offers a Master’s of Arts in Managerial Economics and a Master’s of Public Administration at its Hickam Air Force Base campus. Further, non-thesis programs can be completed in about 18 months, and the once per week classes are especially designed to be TDY/TAD-friendly (temporary duty or temporary additional duty).

For more information, contact Michelle Southwick at 449-6364 or visit the Web site at aphickam@ou.edu or www.goou.ou.edu.

Entertainment Abounds at Local Theaters

•At the Kennedy Theatre: Feb. 6 – 7 and 12 – 14 at 8 p.m., Feb. 15 at 2 p.m., “Betty’s Summer Vacation.” It’s a roller-

See *WTP*, B-7

Hawaii is new home to Chan’s first in U.S.

The bartender flexes, spins, tosses, spins again and catches a mixer with lightning reflexes just in the nick of time. He spins again, twists, then tosses an assortment of items in the air and shakes the mixer once more.

At first, it seems as if he were auditioning for a part in the latest Jackie Chan movie, rather than working at the bar of the movie star’s latest venture.

He is one of the “flair” bartenders at Jackie’s Kitchen, the much-anticipated restaurant of action movie star Jackie Chan, which opened earlier this month.

The 5,000 square foot, 152-seat restaurant, located on the upper level of the Ala Moana Shopping Center, is a collaboration between the world famous star and a local restaurant dream team led by developing partner and general manager Robert Cortes. While there are more than 40 Jackie’s Kitchen restaurants throughout Asia, this is the first one ever in the United States. The destination offers a brand new concept for the restaurant chain and Cortes.

Chef Michael Longworth, formerly of Sam Choy’s and Buca di Beppo, has created a menu described as Asian-inspired cuisine infused with hints of Hawaii. Some examples of the menu include appetizers like the Drunkin’ Sashimi (\$10.95) and Honey Garlic Chicken Wings (\$6.95), and entrees like a Miso-Glazed Salmon (\$15.95), Teriyaki New York Sirloin (\$18.95), and a Fresh Island Roasted Chicken (\$14.95).

Jackie’s Kitchen also offers a variety of salads like the Thai Beef Salad (\$11.95)

Commentary

Island

Flavors

Jim Williams

christopher.j.willli2@navy.mil





General Chan's Spicy Stir Fry

and Green Papaya and Shrimp Salad (\$12.95) and sandwiches like the Pao-Pao Burger (\$7.95) or Drunkin’ Fish Sandwich (\$8.95), both served with fries.

I began my meal with a sample of appetizers including the beautifully crispy Pork Wontons (\$6.95), served with a spicy plum sauce dip, the milder fresh Ahi Potstickers (\$7.95), mixed with shiitake mushrooms, onions and ginger, served with a strong sesame soy sauce, and the Hoisin Baby-Back Pork Ribs (\$9.95), smothered in a Hoisin barbecue sauce.

For my entrée, I selected the Tea Smoked Duck (\$16.25), a half duck smoked with Chinese black tea (and flavor reminiscent of Kalua pork), served with bao buns.

My wife decided to try the General Chan’s Spicy Stir Fry (\$10.25), which was in the “From the Wok” selections of the menu. It was wok-fired chicken with fresh vegetables in a spicy Szechuan sauce, heavy in ginger.

While most entrées offer you plenty of food, Jackie’s Kitchen does have a selection of side dishes or “Side Kicks” including items like the Baked Sweet Potato (\$3.95), Chinese Green Beans (\$2.95) and its awesome Garlic Mashed Potatoes (\$3.95).

My son picked the “Shanghai Noon Noodles” (\$4.95) from the kid’s menu, which also offers shrimp and cheeseburgers.

From the dessert menu, which offered some unusual dishes like a Banana Lumpia (\$4.75) and Ginger-Apple Pie (\$5.95), we selected the Mango Crème Brûlée (\$6.75), a vanilla custard topped with slices of fresh mango cooked into the caramelized sugar; the rich chocolate cake (\$4.95), with chocolate frosting and a chocolate glaze; and the day’s special Peanut Butter Cheesecake (\$5.95), topped with peanuts and chocolate.

Overall, we were pleasantly surprised to find the food at Jackie’s Kitchen much better than at some of the other

“Hollywood”-type trendy restaurants.

The open-air Japanese modern décor of the restaurant is pleasant and natural, though still a work in progress. Diners in the rear of the restaurant can see what goes on backstage through small windows into the kitchen.

Jackie’s Kitchen also features several giant plasma screens showing clips of many of Jackie’s movies. If you have a young Chan-fan

in your family who finds it hard to behave while eating out, you may be pleasantly surprised to find your child quietly glued to the action clips while you enjoy your meal for as long as you like.

The only thing more entertaining than the movie clips are the bartenders behind the bar, which offer a front-row seat to some of the island’s best “flair” bartenders (similar to Tom Cruise and Brian Brown in “Cocktail”).

Under the direction and guidance of bar manager and trainer Cache Bouren, one of Hawaii’s most well-known flair bartending champions, the bartenders juggle shakers, bottles, cups and fruit for the enjoyment of patrons.

Perfect for your Friday afternoon “pau hana,” Jackie’s Kitchen offers the island’s only “beer tower,” a tall skinny glass container with 96 ounces of ice-cold beer (domestics, \$16.95; imports, \$21.95) containing a special cooling system, which keeps the beer frosty and allows you to pour your own drink at your table.

So leave “The Tuxedo” at home, try to avoid the afternoon’s “Rush Hour,” and hurry down for a fine meal, be it at “Shanghai Noon” or “Shanghai Knight.” ...Okay, that’s pretty corny, but Jackie’s Kitchen is no joke. Very good food, excellent service, and a whole lot of fun await you.

Dinner comes together with warm, biscuit-topped casserole

NAPS Featurettes

Treat your family tonight by serving tried-and-true chicken and biscuits together in a warm, inviting casserole. Chicken and Biscuits Casserole is easy to make because the recipe calls for ingredients you probably already have on hand, such as chicken, frozen vegetables and refrigerated biscuits. Plus, this recipe bakes in one dish.

The casserole’s aroma and the golden brown biscuit pieces on top will draw your family and friends to

the table for a delicious meal.

Chicken & Biscuits Casserole

- 2 cans (10 ¾ ounces each) condensed creamy chicken mushroom soup
- ½ cup milk
- ¼ teaspoon crushed dried thyme leaves
- ¼ teaspoon pepper
- 4 cups frozen broccoli, carrots and cauliflower, rinsed and drained
- 2 cups cubed cooked chicken or turkey
- 1 can (16.3 ounces) refrigerated buttermilk biscuits

Heat oven to 375 degrees. In 2-quart saucepan, stir together soups, milk, thyme and pepper. Stir in vegetables and chicken. Heat over medium-high heat until mixture just begins to boil.

Reduce heat; cook three to four minutes longer. Pour into ungreased 13x9-inch (3-quart) glass baking dish.

Cut biscuits in quarters and place around outside edges of baking dish over hot chicken mixture.

Bake 18 to 22 minutes, or until biscuits are golden brown and baked through.

This recipe serves six.



NAPS

This delicious single-dish meal is not only quick but easy and uses ingredients you may already have in your pantry.

ON THE MENU AT ANDERSON HALL

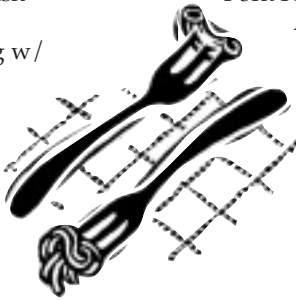
**Today
Lunch**
Oven Roast Beef
Baked Tuna & Noodles
Steamed Rice
French Fried Cauliflower
Vegetable Combo
Chocolate Chip Cookies
Asst. Fruit Pies

Dinner
Sauerbraten
Knockwurst w/Sauerkraut
Cottage Fried Potatoes
Egg Noodles
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch & Dinner)
Pasta Bar

**Saturday
Brunch/Dinner**
Grilled Steak
Pork Chop Mexicana
Mashed Potatoes
Spanish Rice
Fruit Nut Bars
Asst. Fruit Pies

**Sunday
Brunch/Dinner**
Beef Pot Pie
Baked Fresh Fish
Steamed Rice
Bread Pudding w/
Lemon Sauce
Peanut Butter
Cookies



**Monday
Lunch**
Teriyaki Chicken
Salisbury Steak
Steamed Rice
Mashed Potatoes
Apple Crisp
Asst. Fruit Pies

Dinner
Baked Meatloaf
Oven Roast Beef
Parsley Buttered Potatoes
Pork Fried Rice
Apple Crisp
Asst. Fruit Pies
Specialty Bar
(Lunch & Dinner)
Pasta Bar

**Tuesday
Lunch**
Barbecued Spareribs
Veal Parmesan
Oven Browned Potatoes
Buttered Egg Noodles
Devil’s Food Cake w/
Butter Cream Frosting
Asst. Fruit Pies

Dinner
Swiss Steak w/
Brown Gravy
Baked Fish Fillets
Lyonnaise Potatoes
Steamed Rice
Devil’s Food Cake w/
Butter Cream Frosting
Asst. Fruit Pies

Specialty Bar
(Lunch & Dinner)
Taco Bar

**Wednesday
Lunch**
Baked Ham
Chili Macaroni
Candied Sweet Potatoes
Grilled Cheese Sandwich
Bread Pudding w/
Lemon Sauce
Peanut Butter Cookies
Asst. Fruit Pies

Dinner
Baked Stuffed Pork Chops
Turkey Pot Pie
Mashed Potatoes
Steamed Rice
Bread Pudding w/
Lemon Sauce
Peanut Butter Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch & Dinner)

Hot Dog Bar

**Thursday
Lunch**
Cantonese Spareribs
Baked Tuna & Noodles
Shrimp Fried Rice
Pineapple Upside-Down Cake
Asst. Fruit Pies

Dinner
Swedish Meatballs
Caribbean Chicken
Steamed Rice
O’Brien Potatoes
Pineapple Upside-Down Cake
Asst. Fruit Pies

Specialty Bar
(Lunch & Dinner)
Taco Bar

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Vehicles

1971 Classic MBG-GT, limited edition, restored, w/hard top. Asking \$6,900. Call 262-8789.

Bicycle/Moped

Quintana Roo Kilo, asking \$500. Trek 1000, asking \$400. Both 52 cm., in good condition. Call 780-7288 for details.

Appliances

GE A/C, 6,100 BTU, mounting supports, less than 1 year old, hardly used. Asking \$100 OBO. Call Jessica at 254-7191.

Panasonic A/C, 11,000 BTU, remote, swinging arm, 1 year old, great condition. Will deliver. Asking \$250 OBO. Call 741-7795.

Whirlpool range, electric. Asking \$200.

Call 262-8789 for more information.

Miscellaneous

Five-piece twin bedroom set, in mint condition with white headboard, footboard, nightstand dresser and mirror. Asking \$300. Call Jason at 254-1750 for information.

Garage door opener, Craftsman ½HP, 1 year old, like new. Asking \$75 OBO. Great deal! Call Dan at 741-7795.

Yard Sale

Saturday, from 7 a.m. to 2 p.m. at 6337-B Foster Dr. on MCB Hawaii, multi-family sale. Lots of items. No early birds. Call 254-0867 for information.

Jan. 30 and 31, from 8 a.m. to 5 p.m. at 6448-B Webb Ct., off Chochran Street on

MCB Hawaii, Kaneohe. Huge sale with cheap, cheap clothes, books, videos, toys, computer games, household items, electric lawnmower, big tire tricycle and more.

Wanted

Roommate wanted, \$625/mo. and half electric, about \$50/mo. Apartment located near Windward Mall. Smokers welcome. Call 230-3825 to leave message.

Real Estate

For rent: Remodeled, partly furnished 2/1/1 townhouse, at Haiku Point in Kaneohe, close to MCBH/H3/Windward Mall, W/D, A/C, new appliances, lanai, ground end unit, no pets or smoking \$1,200 monthly. Call Dee at 234-1722 or 277-5435.

Free Makepono Ads

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free and will appear in two issues of the Hawaii Marine on a space-available basis.

The ad submission deadline to the Hawaii Marine is at 4 p.m. the Friday of the week prior to publication.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216 aboard Kaneohe Bay.

Makepono may be used only for noncommercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first-served basis. Call 257-8836 or 257-8837 for more info.

WTP, From B-5

coaster ride that starts off seeming relatively normal, but almost immediately reveals that things are not as they seem. The play explores reality TV characters that perform extreme atrocities. Tickets go on sale Monday at \$15 regular, \$12 military, \$10 non-UH students, \$3 UH students. Call 956-7655 for more info.

Organizations Post Scholarship Opportunities

•The Fleet Reserve Association, the oldest and largest professional military association representing sea service con-

cerns, has announced that it is accepting applications for its 2004 scholarship program, which includes 10 separate awards of \$5,000 and still others for college degrees.

The competitive FRA-funded scholarships are based on financial need, academic standing, character and leadership qualities. Preference is provided FRA members and their families, and applications are due by April 15.

Get an application form (with a revision date beyond Oct. 1) at www.fra.org.

•To say “thank you” in a very meaningful way to the nation’s children who have lost a parent in the world’s endur-

ing struggle against the evil of terrorism, the American Legion has established the American Legacy Scholarship. Children of members of U.S. active duty military, and of federalized Guard and Reserve personnel, killed on or after Sept. 11, 2001, are eligible.

To obtain an application, visit the Legion’s Web site at www.legion.org and click on “community.”

The public may contribute to the American Legacy Scholarship fund by sending donations to The American Legacy Scholarship Fund, The American Legion, P.O. Box 1055, Indianapolis, IN 46206.

Voting Guide Outlines State Elections

Because election laws vary from state to state, service members and their families should consult the recently distributed 2004/2005 Voting Assistance Guide for procedures to register or request an absentee ballot in local, state or federal elections. The Guide is available online at www.fvap.gov, and absentee voting materials may also be obtained through unit voting assistance officers. Voting officials recommend military submit a new Federal Post Card Application form (SF-76) in January of every year, and whenever members and their families move locations.

TOUR, From B-1

final battles fought to consolidate his power over the Hawaiian Islands.

The Around the Island tour makes its way past sites used by Hollywood for everything from “Karate Kid II” and “Gilligan’s Island” to the Kualoa Ranch, which visitors will recognize as the setting for such movies as “Jurassic Park,” “Windtalkers” and “Tears of the Sun.”

Mel Chow of Personal Services narrates through the Hawaiian tradition of “talk story,” a combination of legends and local tales that color present renderings. A former Marine infantryman and lifelong Hawaiian, Chow has been recounting Oahu’s past and present for MCB Hawaii as a volunteer with Personal Services for eight years.

“The tour is an excellent way



Oahu’s North Shore is the home of the famous Sunset Beach, where world-class surfers compete yearly in the Triple Crown.

for Marines and Sailors to experience a little bit of the island culture and then go out on their own and explore further, so they can see what Oahu has to offer them,” Chow explained.

Chow ensures the bus driver makes frequent stops to point out sites of interest and let visi-

tors on the tour take plenty of pictures. Chow points out that tours of the island usually cost tourists anywhere from \$75 to \$100.

On the North Shore of Oahu, the tour passes pineapple fields, banana trees and other scenes of Oahu’s mixed agriculture. The

North Shore is also home to Oahu’s most stunning pastoral vistas. However, casual glances at the Kolekole Pass in the Waianae mountain range don’t reveal that Japanese Zeros turned inland towards Pearl Harbor there on Dec 7, 1941.

Waimea Bay is one of the many spots across Oahu to learn to surf, snorkel, and scuba dive. Shark’s Cove has tidal pools where children can safely explore the ocean. Nearby Sunset Beach and Banzai Pipeline are host to the annual Triple Crown of Surfing contest, where beachgoers can marvel at the regular sight of 20-foot waves.

Sergeant Francisco Gonzalez, ammunition chief with Headquarters and Service Company, 1st Battalion, 3rd Marine Regiment, brought his wife Juanita and daughter Iraida with him on the tour.

“My wife and daughter have been on base for four days, and we’re still waiting on our car to get here from Camp Pendleton. This tour is a good way to see the island while we don’t have our POV,” said Gonzalez.

Marie Jesus, relocation assistance program manager said, “The Around the Island tour is a unique opportunity for new arrivals to experience the history and culture of Oahu.”

Jesus says that “Malihini,” or newcomers to the island, can only begin the journey of a “kamaaina,” or child of the land, after learning about the culture and oral history of Oahu. She says the tour is the ideal way for service members, their families, or those visiting to begin to understand Oahu’s rich cultural traditions.

Anyone interested in the tour should call (808) 257-7790. Seating is limited to 30 per trip.

GETTING LOST, From B-1

could ask them” look in our eyes, and proceeded down the road.

Yes, those all-day safety “periods of military education” sessions danced in our heads with visions of hate groups, and the repercussions that could follow if we were to run into one on a dark, desolate highway. Plus, we were, as Marines usually are, still confident.

Then the moment came.

The gas tank was running low, and by low I mean it had been on “E” for a good, long time. We pulled into a 7-11 and filled up, as well as indulged in a Dasani, a pack of Wrigley’s and two kippered teriyaki beef sticks for energy and peace of mind. The wonderful woman at the counter asked us what we were doing driving an ice cream truck around at 2 a.m., so we confessed.

Yes, our confidence fal-



tered, but only for that brief confession. After she laughed in our faces, she gave us directions back home.

It had only been three hours by then

though. We were quickly on the road again, heading through the Kahuku Training Area. Finally, a place we knew.

Then it happened, the most wondrous

sight we had ever set our weary eyes upon. Shining through the depths of utter embarrassment, we saw it. Yes!

Kansas Tower blinked ever so pleasantly in the distance. We knew where we were going.

Talk about some successful night navigation. It only took four hours, two tanks of gas, six compact discs, and yes, you guessed it, a skosh of confidence.

Confidence may not take you home all the time, but a road map sure will.